**FITNESS AND WELLNESS DEPARTMENT**

***W140 - .5 credits***

**STRENGTH AND CONDITIONING** – PREREQUESITE: None.

This course provides an opportunity to further engage in activities designed to achieve peak performance by developing the health and skill related components of fitness, with an emphasis on resistance and cardiovascular training to include the measurement and evaluation of each component. Students will be exposed to more advanced training methods and techniques applying the principles of exercise science. Students will maintain a daily log of workouts and will design an individualized training program to be completed by the end of the first (or third) marking period and performed and evaluated during the second (or fourth) marking period.

***W141- .5 credits***

**PIAA SPORTS –** PREREQUISITE: Application Required

Students may utilize a PIAA sport as .5 credit toward their Fitness and Wellness requirement. Sophomores and juniors may have this .5 credits applied toward their following year’s Fitness and Wellness requirement after successful participation in a PIAA team. This option may only be used one time in the junior year and one time in the senior year. PIAA sanctioned sports are: Cross Country, Football, Softball, Basketball, Volleyball, Wrestling, Cheerleading, Track, Baseball, Softball, Golf, Field Hockey, Soccer, Tennis, Gymnastics, Swimming and Lacrosse. PIAA classes **will not** be calculated in QPA and class rank.

***W142* - .5 credits**

**HEALTH** – PREREQUESITE: None

This is a comprehensive health course that covers a variety of health topics including components of health, nutrition, drug and alcohol use/abuse, preventive violence and abuse, reproductive health, diseases and disorders, and community environment and its effects on health. The course is aimed to promote healthy lifestyles and lifestyle choices by providing students with thorough information on each topic.

***W143* - .5 credits**

**EXERCISE SCIENCE** – PREREQUISITE: Health

This is a classroom-based advanced health course that focuses on the study of human movement and of systems, factors, and principles involved in human movement. Students will learn about the effects of physical activity in health and performance, and the factors that influence an individual’s participation in physical activity. This challenging course aims to promote enthusiasm or an active and healthy lifestyle and to emphasize the importance of effective lifestyle practices along with exposing students to various career fields associated with biomechanics and human performance.

***W144* - .5 credits**

**CARDIO ENDURANCE/PERSONAL FITNESS** – PREREQUISITE: None

This course’s primary focus is on examining the benefits of and improving cardiovascular endurance and its impact on a healthy lifestyle. Students will learn to set their own goals and develop their own personal fitness plan and learn to assess that plan. Students will use fitness principles to meet their fitness goals in both cardio exercise but also a variety of circuit training activities. Students will also learn the value and benefits of lifetime fitness activities.

***W145* - .5 credits**

**TEAM SPORTS (SKILL AND CONCEPTS)** – PREREQUISITE: None

This course will concentrate on strategies, concepts, terminology, and skill development with an emphasis on teamwork and cooperation. Students will develop a knowledge base of rules for multiple sports including equipment needs. Activities may include, but are not limited to: volleyball, football, softball, soccer, floor hockey, basketball, hardyball and ultimate Frisbee.

***W146* - .5 credits**

**ADVANCED TEAM SPORTS** – PREREQUISITE: Team Sports or active participation in PIAA sport.

This course expands on concepts and strategies from Team Sports. Students will be involved in the planning and instruction of activities. Students will develop a team sport lesson plan including instruction and assessment of a sport. Students will also apply coaching strategies and officiating regulations within the course.

***W147* - .5 credits**

**LIFELONG FITNESS** – PREREQUISITE: None

The emphasis of this course is encouraging students to explore and participate in lifelong fitness activities. Students will analyze the history of activities, terminology, and community resources. Students will explore skills necessary for each activity and incorporate fitness testing into chosen activities. Activities may include, but are not limited to: volleyball, tennis, badminton, pickle ball, fitness walking, Frisbee (ultimate and disc), dynamic motion, table tennis and weightlifting.

***W148* - .5 credits**

**DYNAMIC MOTIONS/DANCE** – PREREQUISITE: None

This course includes a variety of low, moderate, and high impact aerobic activities. Students will explore movements associated with dance (hip-hop, country, zumba), modern line dances, party dances, exploring dances through the decades – 20’s, 30’s, 40’s, 50’s and 60’s), yoga, kickboxing, step aerobics, Pilates, and tae-bo. Students will design and implement their own dynamic motion compositions.

***????*- .5 credits – Scheduled only by guidance counselors**

**ADAPTIVE PHYSICAL EDUCATION** – PREQUESITE: Health

Adaptive Physical Education is a modified curriculum to meet the needs of students with disabilities. The Adaptive Physical Education program allows students with a wide range of disabilities and needs to meet the goals and standards of the regular Physical Education program. Adaptations may include modification to: class size, equipment/materials, rules, techniques, skill sequence, facilities, etc. Special attention to individual needs, both physical and cognitive, and levels of psychomotor development are important components of the program. The adaptations are the result of teacher recommendations, IEP’s, or in consultation with PT/OT or physician requests. The determination of activities for the student will be based on the ability to safely and successfully participate as well as the skills or fitness level that supports student needs. Guidance counselors, in adherence with Special Education requirements, will place students in this course as appropriate. The course is offered to those students who need physical modifications to the curriculum and is not designed for those students with short-term medical conditions (i.e. fractures, illness, etc.)